

## **Southeast Region HHI report for April 2013**

**Arkansas County:** ACPIH (Arkansas County Partners in Health) Coalition celebrated 10 years of community collaboration; 100 Years of Public Health was highlighted at this coalition celebration. A fact sheet was given to coalition members highlighting the successes of the coalition in the last 10 years such as Strong Women classes are now serving 150+ women, Organ Wise Guys serving 200+ students in 5 schools. They have hosted Heart Summits, Diabetes Summits, and Health Expo and have been recognized as a Growing Healthy Community.

12 Community members participated in the Walk at Lunch promotion at the Dewitt LHU walking trail.

Meekins Middle School in Stuttgart invited the parents of students to come walk with their children during lunch recess on National Walk at Lunch Day; 330 participants, which included students, parents and school staff walked.

Stuttgart Family Fitness Night, sponsored by the Wellness Committee, was held at Meekins Middle School on April 16<sup>th</sup>. Approximately 90 people attended. LHU staff and ACPIH members provided fun activities such as the Fitness Dice were used with parents and students. If they jointly did activities such as jumping jacks that then they got a homework pass.

ACPIH hosted a Spring Fling at the DeWitt Hospital by focusing on Diabetes and provided Diabetic-friendly refreshments. A community member discussed Diabetes and how to manage it.

**Ashley County:** Emily Harris presented The County Health Rankings to approximately 50 attendees.

The Public Health Preparedness Hazard analysis was completed with Judge, OEM and Hospital personnel present.

Healthy Cooking classes have begun at Courthouse. Walk Across Arkansas has 26 teams.

**Bradley County:** The annual Bragg Street Health Fair was held with over 350 people utilizing the services, screenings, and information provided. There were 170 vendors/volunteers. There is a new focus on food insecurity in Bradley County. 349 pounds of food was collected and \$240 raised for local food pantry at this annual event.

Open Horizon Conference is a two day event; a LHU booth was set up with healthy hazards of tobacco and general services provided by unit. Tobacco Trends presentation was given to the 50+ attendance.

**Chicot County;** Diabetes Today work plan meeting was held. Diabetes Today is now a part of the Chicot County HHI coalition effort.

The PHP Hazard assessment was completed with community participation.

**Cleveland County:** Kim Hooks, Community Health Nurse Specialist Supervisor, provided information on ‘Raising Kids with Integrity’ to the HHI coalition. This program included a DVD on “Parents Matter Raising Kids with Integrity” that parent’s watch and a similar DVD for teenagers to watch promoting abstinence and making good decision.

The PHP Hazard Assessment was completed with community participation.

**Desha County:** Annual health fair sponsored by the D-HHIP Coalition with a focus on Men and Tobacco Prevention and Cessation. The Arkansas Prostate Foundation provided a presentation on Prostate Cancer and discussed tobacco. 75 participants were present.

McGehee School District is actively laying sidewalks through the Safe Routes to School grant.

Dumas School District held its annual Family Night for all ages. The D-HHIP Coalition and the LHU staff sponsored a booth with Injury Prevention information and tobacco education for about 527 people that participated.

The PHP Hazard Assessment was completed with community participation.

**Drew County:** The Drew H.E.A.L.T.H. sponsored the National Walk at Lunch day on the UAM campus and gave pedometers to all the walkers.

The PHP Hazard Assessment was completed with community participation.

**Jefferson County:** The PHP Hazard Analysis was completed with about 30 community members including Judge, OEM, Fire chiefs and EMS personnel.

**Lee County:** PHP Hazard assessment completed with great community participation.

**Lincoln County:** At the annual Star Daze event EAST Lab students provided information on nutrition and Physical Activity with assistance by the LHU Administrator. BMI was figured for those who stopped by booth and individuals were educated on what their BMI number meant. Their project involves GPS mapping of BMI on a county chart to demonstrate where the highest congregation of overweight/obese population resides.

The Lincoln County Health Planning Committee surveyed 50 parents and grandparents to evaluate their level of understanding on the “back to sleep” campaign. This event occurred at the Star Daze Festival in Star City and is part of a grant that the group received to help educate the public in regards to how infants should sleep as part of infant mortality reduction.

April 2013 Self Check Blood Pressure machines were used by 149 people. 16 people showed abnormal readings. This information continues to be collected monthly with the breakdown of demographics of community using the machines.

The PHP Hazard Assessment was completed with community participation.

The annual Heart Healthy Luncheon was held with the guest speaker sharing stress and how it affects the heart.

**Monroe County:** PHP hazard assessment completed; great community participation.

**Prairie County:** A new Prairie County LHU Administrator: Rose Marie Knupp. She is an RN and has will continue to serve as the Clinic Coordinator.

The PHP Hazard assessment was completed with community participation.

**St. Francis County:** The annual Out to lunch walk sponsored by HHI at the Larry Bryant Multipurpose Center sponsored by the HHI coalition.

The PHP Hazard Assessment was completed with community participation.

**Southeast Region Health Conference:** This was the 5<sup>th</sup> Annual Health Conference sponsored by the SE HHISS. This year there were over 130 community and agency representatives who attended the conference. The conference was kicked off with an overview of 100 years of Public Health presented by Randy Lee. Leaann Mercer, with UAMS presented on injuries in Arkansas and how to prevent them. Jack Crumbly spoke about health disparities that exist and explained the “red” counties. Virginia Lancaster provided information on “Plain Language” how to make things clearer for our patients and community members in general. Stacy Scott presented on Sudden Infant Death Syndrome and Sudden Unexplained Infant Death. Physical Activity was incorporated by having dance music for group line dancing. Best Conference Ever!

### **STAR.Health**

The Chicot County Birthing Project hosted a Training and Team Building Conference in Lake Village, Arkansas at the state park on April 27, 2013. The Conference began at 7:00 am and ended at 5:00 pm. The conference started out with registration and breakfast. The speakers were Joy Carrington, from Minority health, who gave an overview on Health Inequity in Arkansas; Alice Rogers-Johnson spoke on the issues of Infant Mortality and shared the local statistics in Chicot County. Jill Porter, spoke on Reduction Strategies in Chicot County on the SIDS/SUDS for the infant babies. There was a healthy soul luncheon served by Oscie Barnes who then talked about nutrition and the healthy heart with taking a healthy walk after lunch. The group took a five to ten minute stroll after the lunch Dr. Zenobia Harris, Arkansas Health Dept., gave an overview of the Birthing Project and about the founder and her true purpose for the Birthing Project. There were 21 in attendance, materials and pamphlets were given to all in attendance for future reference.

All three counties are reporting great usage with their Self-Check Blood Pressure machines and education continues with the community at events.